



德國寶(香港)有限公司 GERMAN POOL (HONG KONG) LIMITED

香港
Hong Kong

總代理 / 廚櫃及電器陳列中心
Sole Agent & Showroom

九龍土瓜灣馬頭角道116號
新寶工商中心高層地下2-4號室
Room 2-4, Upper G/F, Newport Centre,
116 Ma Tau Kok Road, Tokwawan, Kln.
電器 Home Appliances T. +852 2773 2888
廚櫃 Kitchen Cabinetry T. +852 2773 2828

廚櫃及電器陳列中心
Showroom

香港灣仔摩利臣山道
22號(南洋酒店對面)
Ground Floor,
22 Morrison Hill Road,
Wanchai, Hong Kong
T. +852 3110 2030

新界沙田 HomeSquare
3樓327-328號舖
(宜家傢俬樓下)
Shop 327 – 328, Level 3,
HomeSquare, Shatin, N.T.
T. +852 5802 5070

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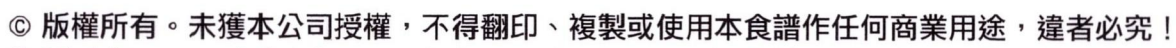
廣東省佛山市順德區南國東路
永旺(吉之島)購物中心3樓
3/F, Yongwang (Jusco) Shopping Mall,
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MULTI-PURPOSE HALOGEN COOKING POT RECIPES



風靡全港的光波萬能煮食鍋　亮相各大電影及烹飪節目

Multi-Purpose Halogen Cooking Pot Featured in Popular Movies and TV Shows

電影：我愛HK開心萬歲
Movie : I Love Hong Kong



電影：72家租客
Movie : 72 Tenants



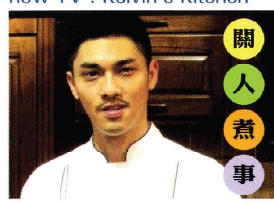
電影：抱抱俏佳人
Movie : Perfect Wedding



now TV節目：You Can Cook
now TV : You Can Cook



now TV節目：關人煮事
now TV : Kelvin's Kitchen



無綫節目：溏心風暴之家好月圓
TVB : Moonlight Resonance



亞視節目：開心大發現 2010
aTV : Happy Family 2010



亞視節目：肥媽老友記
aTV : Maria Fan Club



亞視節目：生活加油站「電器博士」
aTV : Enrich Your Lifestyle - Dr. Appliance



有綫節目：潮玩潮食
Cable TV : Let's Go Fun



有綫節目：美食法庭
Cable TV : Food Court



有綫節目：型男廚房
Cable TV : Eric's Kitchen



無 火。無 煙。無 油。

Safe. Efficient. Healthy.

全新光波萬能煮食鍋具備烤、焗、煮、煎、蒸、燒、烘、燉以及解凍等功能，配合簡易控制面板，烹調時間及溫度盡在掌握，製作美食靈活輕鬆。

The brand new Halogen Cooking Pot now comes with an improved control panel, allowing precise time & temperature adjustments to accommodate your favourite recipes.

一爐多用　Replace a Dozen Kitchen Appliances

光波萬能煮食鍋能代替十多種電器，包括：燒烤爐、傳統焗爐、電飯煲、煮蛋器、電烤箱、多士爐、高溫消毒器、爆谷機等。

With a wide operating temperature range, it can function as an electric grill, rice cooker, conventional oven, microwave oven, toaster, stewing pot, skillets, etc.

無油低脂　Reduce Fat & Grease

炸薯條、炸腰果甚至醃製食物時不但完全無須加入食油，反而煮食鍋還會通過光波穿透力，令食物內的脂肪加速沸騰，逼使油脂加快排出，達到降脂肪效果之餘更可鎖住營養與鮮味，符合新一代健康飲食原則，讓你吃得健康。

No oil is needed during preparation and cooking process. Heat waves can penetrate directly into meat. It effectively drives out fats and reduces grease within food. Thus cholesterol content can be lowered to the minimum.

節能省時　Powerful & Energy Efficient

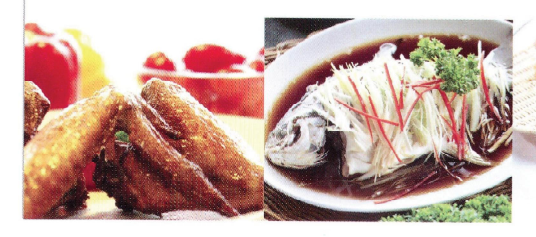
運用熱對流、熱傳導及熱穿透三種傳熱方式，使烹調速度加快。環型光波管與熱旋系統互相配合，通過圓形玻璃容器的旋流式傳熱，達至最佳節能效果。

Owing to the powerful heating element together with the patented internal venting system, Halogen Cooking Pot transfers heat to food by means of convection, conduction and penetration all at one time. As a result, food can be cooked within a much shorter time.

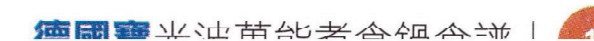
絕無油煙　No Mess

光波萬能煮食鍋烹調時不會製造油煙或輻射，創造零油煙環境，絕對是入得廚房、出得廳堂的新一代環保電器。煮食鍋獨有清洗功能，以光波高速旋轉原理分解容器內頑固污跡，自此清洗爐具變得毫無難度。

There will be no more open-flame nor greasy smoke in the kitchen! You can even cook and serve right at the dinning table without making a mess, thanks to the detachable glass container/plastic base design.



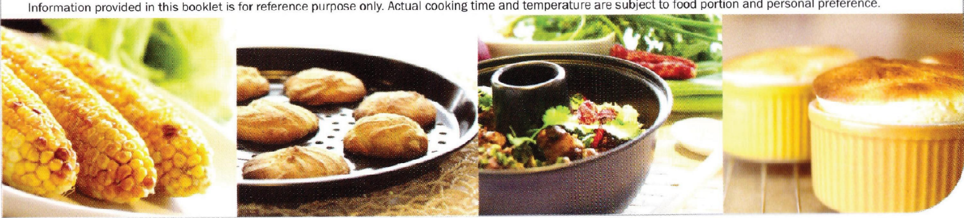




GERMAN POOL 德國寶

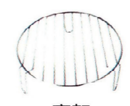
目錄 CONTENT

本食譜資料只作參考，實際烹調時間須視食物份量及個人喜好而稍作調整。
Information provided in this booklet is for reference purpose only. Actual cooking time and temperature are subject to food portion and personal preference.

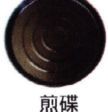




鹽燒加拿大三文魚頭 GRILLED CANADIAN SALMON HEAD



高架
High Rack



煎碟
Frying Plate

250 260°C



8+5 min

材料 Ingredients:

三文魚頭 Salmon Head

醃料 Seasoning:

檸檬汁	Lemon Juice	生粉	Corn Starch
鹽	Salt	胡椒粉	Pepper
紹興酒	Cooking Wine	糖	Sugar
麻油	Sesame Oil		

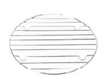
做法 Procedures:

1. 把所有調味料拌勻，醃三文魚頭半小時以上。
2. 將醃好的魚頭放在光波爐內的高架上（亦可先放在煎碟上），以最高溫度燒8分鐘。
3. 反轉後再燒5分鐘即可。

1. Mix seasoning ingredients together. Marinate fish for 30 min or more.
2. Place salmon head on Frying Pan. Grill it at maximum temperature for 8 min using High Rack.
3. Turn over salmon head and grill for another 5 min.



脆皮燒肉 CRISPY ROAST PORK







低架 Low Rack	加高圈 Ring Extension	250-260°C	30+15 min

材料	Ingredients:
豬腩肉 (五花腩，連皮)	Pork Belly with Skin
海鹽	Sea Salt

做法 Procedures:

1. 豬腩肉洗淨，均勻抹上海鹽，醃約2小時。
2. 豬肉氽水約10秒，盛起瀝乾，利用插肉針或叉子於豬皮上刺大量孔。
3. 打開光波萬能煮食鍋，豬肉置於低架上（豬皮向下），以最高溫度燒15分鐘。
4. 反轉豬肉（豬皮向上），再燒25-30分鐘至豬皮呈鬆脆狀。取出略為放涼後即可切件享用。

1. Rinse pork belly. Rub salt evenly and let sit for 2 hrs.
2. Scald pork in hot boiling water for about 10 sec. Pat dry meat. Then pierce lots of holes on pork skin with a sharp tenderizer or a pointy fork.
3. Inside Halogen Cooking Pot, place meat on top of Low Rack (skin facing down). Cook at maximum temperature for 15 min.
4. Turn meat over (pork skin facing up). Roast for another 25-30 min. Let meat cool down a bit and then serve.

小提示 Tips:

孔打得越多，燒肉皮會越香脆。注意，為免因肉汁倒流而影響脆皮效果，應待最後階段才將燒肉皮向上燒烤。

The more the holes you poke, the crispier the pork skin will be. To prevent pork skin from being softened by meat juice, roast the bottom side of meat first.



蜜汁叉燒 BBQ PORK



低架
Low Rack




250-260°C
10 min

材料 Ingredients:

梅頭肉 Pork

醃料 Seasoning:

鹽	Salt	麥芽糖	Malt Sugar
糖	Sugar	叉燒醬	BBQ Pork ("Char-siu") Sauce
老抽	Dark Soy Sauce		

做法 Procedures:

1. 梅頭肉與醃料拌勻，醃1小時以上。
2. 醃好的肉置於低架，以最高溫度燒10分鐘。
3. 打開鍋蓋，反轉再燒5分鐘便成。

1. Mix all seasoning ingredients together with pork, marinate for at least 1 hr.
2. Place pork on Low Rack and cook meat for 10 min at maximum temperature.
3. Lift up Cooking Pot lid, turn meat over and grill for another 5 min.

小提示 Tips:

無油無煙烤出來的叉燒特色是香脆肉汁多，而光波熱力更可將多餘油脂逼出，特別健康。

BBQ Pork roasted by Halogen Cooking Pot is especially juicy and flavourful. Excess fats would be driven out during grilling.



吉列豬扒 BREADED PORK CUTLETS



高架
High Rack




200-205°C 10+5 min

材料	Ingredients:
去骨豬扒	Boneless Pork Chop
麵粉	All-Purpose Flour
雞蛋	Egg
麵包糠(日式)	Bread Crumb (Japanese)
植物油	Vegetable Oil

醃料	Seasoning:
鹽	Salt
胡椒粉	Pepper

做法 Procedures:

1. 豬扒以鹽和胡椒粉略醃；麵粉和麵包糠分別倒在兩個大盤中；雞蛋打勻，備用。
2. 先在豬扒兩面均勻沾上麵粉，然後蘸上蛋液。
3. 豬扒均勻地沾上麵包糠，再輕輕塗上植物油。
4. 置豬扒於光波爐的高架上，以200-205˚C烤10分鐘，反轉再烤5分鐘或呈金黃色即可。

1. Season pork chops with salt and white pepper. Pour out flour and bread crumb in 2 separate large plates. Beat egg in a bowl and set aside.
2. Coat pork chops with a thin layer of flour on both sides. And then dip pork chops in beaten egg.
3. Evenly coat both sides of pork chops with bread crumb. Brush a thin layer of oil on both sides.
4. Place pork chops into Halogen Cooking Pot (use High Rack). Cook at 200-205°C for about 15 min (turn over after 10 min) or until brown.



照燒雞扒飯 CHICKEN TERIYAKI DONBURI



高架
High Rack






250-260°C 7+5 min

材料	Ingredients:		
去骨雞扒	Boneless Chicken Thigh	紫菜碎	Chopped Seaweed
白飯	Steamed Rice	芝麻	Sesame Seed

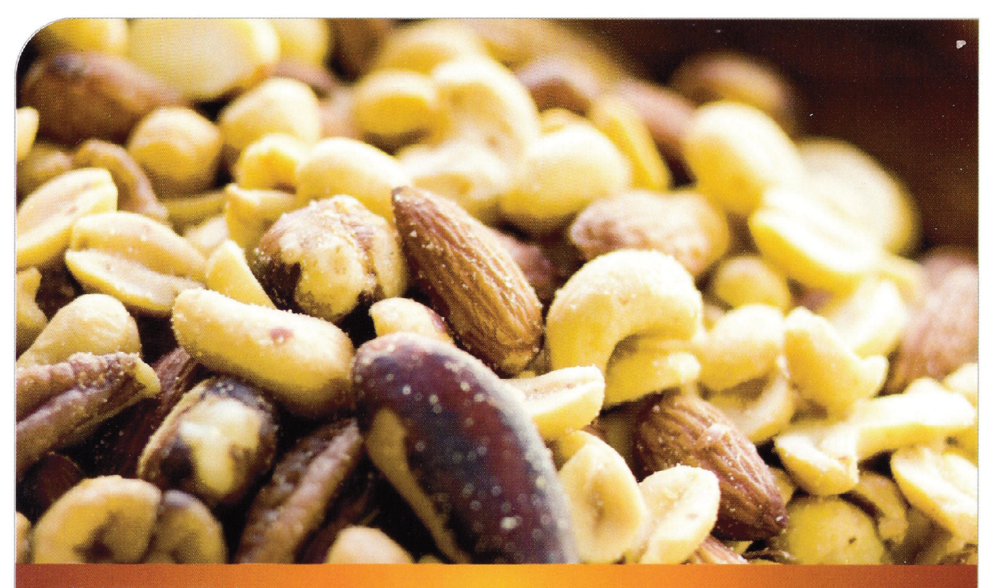
醃料	Seasoning:		
鹽	Salt	胡椒粉	Pepper

汁料	Sauce:
日式照燒汁3湯匙	3 tbsp Teriyaki Sauce
日本醬油2茶匙	2 tsp Japanese Soy Sauce
味醂1茶匙	1 tsp Mirin

做法 Procedures:

1. 雞扒洗淨去筋，下鹽和胡椒粉，醃10分鐘。
2. 醬汁材料拌好，煮至濃身，放涼後醃雞20分鐘。
3. 雞扒放在光波爐的高架上（皮向下），以Turbo功能燒7分鐘，反轉再燒5分鐘。
4. 白飯盛在大碗中，將雞扒鋪在上面，灑上紫菜碎及芝麻即可趁熱享用。

1. Clean and remove visible tendons on chicken. Season both sides with salt and pepper for 10 min.
2. Mix and heat sauce ingredients in a pan until sauce turns thick. Marinate chicken with sauce for 20 min.
3. Place chicken (skin facing down) on High Rack inside Halogen Cooking Pot. Press Turbo and cook for 7 min. Turn meat and grill for another 5 min.
4. Place chicken over steamed rice in a large bowl. Sprinkle seaweed and sesame. Serve when hot.



鹽焗脆果仁 SALT ROASTED NUTS



低架
Low Rack



烘盤
Baking Pan



180°C

15 min

材料 Ingredients:

合桃	Walnut
腰果	Cashew
花生	Peanut
杏仁	Whole Almond

醃料 Seasoning:

鹽	Salt

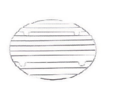
做法 Procedures:

1. 合桃去殼，與腰果和花生一併以清水沖洗。
2. 將果仁平均鋪於烘盤上（除杏仁外全部帶微濕），放置在光波爐中的低架上，以180˚C烤15分鐘或至呈金黃色，中途略為翻拌一次。
3. 拌入鹽調味，完全放涼後即可食用，亦可放在密封容器內保存。

1. Remove walnut shell. Rinse all nuts (except almonds) with water.
2. While nuts are still moist, spread them over Baking Pan and place inside Halogen Cooking Pot (use Low Rack). Bake at 180°C for 15 min or until browned. Stir once about halfway through.
3. Add salt to taste and toss. Let cool completely. Serve or store in an air-tight container.



秘製烤羊排 CHEF'S SPECIAL LAMB CHOP



低架
Low Rack





250-260°C



10+8 min

材料 Ingredients:

羊排	Lamb Chop

醃料 Seasoning:

檸檬汁	Lemon Juice	香葉碎	Parsley (Chopped)
鹽	Salt	雞粉	Chicken Powder
胡椒粉	Pepper	黑椒碎	Black Pepper

汁料 Sauce:

蒜蓉	Garlic (Chopped)	薄荷醬	Mint Jelly
砂糖	Sugar	白醋	Vinegar

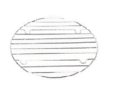
做法 Procedures:

1. 把醃料拌勻，塗上羊排，醃3小時以上。
2. 用低架，以最高溫度燒10分鐘。
3. 反轉再燒8分鐘。
4. 將汁料拌勻後灑上羊排即成。

1. Mix all ingredients together, marinate for at least 3 hours.
2. Place Low Rack in Cooking Pot, roast lamb at maximum temperature for 10 min.
3. Turn around and cook for 8 min.
4. Mix sauce ingredients together and pour over lamb.



椒鹽烤粟米 CORN ON THE COB



低架
Low Rack



250-260°C 15 min

材料	Ingredients:
粟米	Corn
牛油或橄欖油	Butter or Olive Oil
椒鹽或香料	Pepper Salt or Spices

做法 Procedures:

1. 粟米洗淨後擦乾水分，在表面塗上油，再灑上椒鹽。
2. 把粟米整齊放在烤盤上，用低架以最高溫度烤15分鐘 。

1. Wash and dry corns; apply a layer of butter or olive oil and sprinkle salt (or spices of choice) on top of corns.
2. Place corns on Low Rack and grill for about 15 min at maximum temperature.

小提示 Tips:

烤粟米時，可另配合高架作兩層同時煮食，省時節能。
While grilling corns, you may save time by cooking other foods simultaneously with a High Rack.



日式燒秋刀魚 GRILL SAURY



高架
High Rack



250-260°C 6+2 min

材料	Ingredients:
秋刀魚	Saury Fish
海鹽或食鹽	Sea Salt
檸檬	Lemon

做法 Procedures:

1. 先將秋刀魚清洗，然後塗上適量海鹽。
2. 光波爐以最高溫度預熱， 把魚放上高架燒烤6分鐘 。
3. 將魚翻轉再烤2分鐘即可，灑上少許檸檬汁更為美味。

1. Gently rub saury fish with sea salt.
2. Pre-heat Halogen Pot at maximum temperature. Using High Rack, grill fish for about 6 min.
3. Turn fish over and grill for 2 min. Sprinkle lemon juice and serve.

小提示 Tips:

鹽燒食物最好用粗鹽，味道會更濃，而且燒出來的肉質甘香可口，鮮味十足。
Using sea salt helps bringing out the flavour of shrimps and seafood.



鹽燒蝦串 SHRIMP SKEWERS



低架
Low Rack

200-205°C　8+3 min

材料 Ingredients:

中蝦	Shrimp (Medium)

醃料 Seasoning:

海鹽	Sea Salt	紹酒	Cooking Wine
生粉	Corn Starch	胡椒粉	Pepper
植物油	Vegetable Oil		

做法 Procedures:

1. 將蝦去鬚、腳和腸，洗淨抹乾後與所有醃料拌勻，醃10分鐘。
2. 蝦以竹籤穿好後，平均放於光波爐內的低架上，以200-205°C燒8分鐘 。
3. 將蝦翻轉再烤3分鐘即成。

1. Devein shrimps, then wash and pat-dry. Mix shrimps with seasoning and marinate for about 10 min.
2. Secure shrimps on bamboo skewer sticks and place them on Low Rack inside Halogen Cooking Pot. Set cooker at 200-205°C and 8 min.
3. Flip over and grill for 3 min.

小提示 Tips:

鹽燒食物最好用粗鹽，味道會更濃，而且燒出來的肉質甘香可口，鮮味十足。
Using sea salt helps bringing out the flavour of shrimps and seafood.



薑蔥蒸鮮魚 STEAM FISH

高架 High Rack　煎碟 Frying Plate　烘盤 Baking Pan

低架 Low Rack　250-260°C　10 min

材料 Ingredients:

鮮魚(約1斤)	Fish of Choice (About 1 Catty)
蔥段及蔥絲	Spring Onion
薑片及薑絲	Ginger Slices & Ginger Strips
蒸魚豉油	Soy Sauce for Steamed Fish
熟花生油	Cooked Peanut Oil

做法 Procedures:

1. 在煎碟鋪上蔥段及薑片，再放上魚，然後置於低架上。
2. 放上高架(架腳輕微外屈)，蓋上烘盤。
3. 在玻璃容器注入略低於低架高度的清水，以最高溫度蒸10分鐘。
4. 最後放上薑蔥、蒸魚豉油及熟油即成。

1. Section spring onions and spread them over Frying Plate. Place ginger slices and fish over spring onions, and then put fish on Low Rack.
2. Put High Rack over fish, and rest Baking Pan on top.
3. Pour water into glass container. Keep water level up to the same height as Low Rack. Steam at the highest temperature for 10 min.
4. Put shredded ginger and spring onion, soy sauce and oil over steamed fish. Serve when hot.



家常沙薑蒸雞 HOME-STYLE STEAMED CHICKEN



低架
Low Rack




250-260°C　20+15 min

材料 Ingredients:

鮮雞1隻	Whole Chicken
鹽焗雞粉 / 沙薑粉	Lesser Galangal (“Sand Ginger”) Powder
薑片、蔥	Ginger (sliced), Scallion

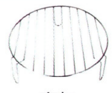
做法 Procedures:

1. 先將雞洗淨，沙薑粉塗於雞身及雞內醃1小時以上，再放進薑蔥。
2. 錫紙薄薄塗上油，再用錫紙把雞包好。
3. 隨意地用牙簽在錫紙上刺洞約10個。
4. 光波爐調校至最高溫度，雞身向上，焗20分鐘，反轉再焗15分鐘即成。

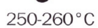
1. Rub galangal powder over the outside and inside of chicken. Marinate it for at least an hour. Then stuff ginger and scallion into chicken's belly.
2. Apply a layer of oil on aluminium foil with brush; wrap chicken with foil.
3. Using a toothpick, randomly poke about 10 holes on aluminium foil.
4. Set Halogen Cooking Pot at maximum temperature. Cook chicken for 20 min with chicken belly facing up. Turn chicken back over and cook for another 15 min.



香燒蜜汁雞翼 HONEY WINGS



高架
High Rack


250-260°C　8+5 min

材料 Ingredients:

雞翼 Chicken Wings
蜜糖 Honey

醃料 Seasoning:

鹽 Salt
糖 Sugar
生抽 Light Soy Sauce
老抽 Dark Soy Sauce
麻油 Sesame Oil
雞粉 Chicken Powder
胡椒粉 Pepper

做法 Procedures:

1. 把所有材料拌勻，醃1小時以上。
2. 將雞翼放於高架上，以最高溫度烤8分鐘。
3. 最後兩面塗上蜜糖，反轉再烤5分鐘即成。

1. Mix all ingredients together. Season chicken wings for 1 hour or more.
2. Place chicken wings over High Rack and grill for 8 min at maximum temperature.
3. Apply a layer of honey on both sides of wings using a brush. Grill for another 5 min and serve.

小提示 Tips:

蜜糖可多塗數層，亦可於最後灑上黑胡椒碎，令雞翼更香口美味！

Try sprinkling a little black pepper on wings after applying multiple layers of honey. Wings will taste even more flavourful!

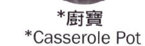


香軟焗蛋糕 SPONGE CAKE


低架
Low Rack


*廚寶
*Casserole Pot


200-205°C


10 min

材料	Ingredients:
雞蛋3隻	Eggs 3 pc
自發粉3湯匙	Self-Raising Flour 3 tbsp
糖3湯匙	Sugar 3 tbsp
鹽、油各適量	Salt & Oil

*另購配件
Optional Accessory

做法 Procedures:

1. 將蛋黃跟蛋白隔開，蛋白用打蛋器打勻至起泡(約2分鐘)，再放入糖及少許鹽，打至泡沫不跌即可。
2. 加入蛋黃、篩好的自發粉及少許油，攪拌數下 (無須大力攪拌)。
3. 廚寶內塗上少許牛油，將蛋漿注入廚寶內。
4. 提起廚寶往桌面輕輕敲數下，讓多餘空氣排出，然後蓋好蓋子。
5. 廚寶放入光波爐，用低架以200°C-205°C烤10-12分鐘即成。

1. Whisk egg whites for about 2 min until they turn into foam form. Add sugar and salt; continue whisking until foam becomes firm.
2. Fold in beaten egg yolk, seized flour and oil into the mixture.
3. Pour mixture into lightly-greased Casserole Pot.
4. Gently tap Casserole Pot on table in order to drive out excessive air bubbles. Cover the lid.
5. Place Casserole Pot into Halogen Cooking Pot, bake at 200-205°C for approx. 10-12 min using Low Rack.



法式梳乎厘 SWEET SOUFFLÉ


低架
Low Rack


220-235°C


11 min

材料	Ingredients:
雞蛋3隻	Egg 3 pc
麵粉60克	Flour 60 g
自發粉30克	Self-Raising Flour 30 g
牛奶250克	Milk 250 g
砂糖30克	Sugar 30 g
鹽適量	Salt 1 pinch
雲呢拿油2滴	Vanilla Extract 2 drops

做法 Procedures:

1. 蛋黃與蛋白分開；麵粉、自發粉篩好；焗盅內塗少許牛油，均勻灑上砂糖，備用。
2. 蛋黃與麵粉和自發粉在大碗中同攪勻，注入一半牛奶拌好。
3. 剩餘牛奶以慢火煮熱，倒進蛋黃粉漿拌勻，成「校底」待用。
4. 蛋白在另一碗中打至起氣泡，加入糖打至企身，再放入鹽攪勻。
5. 「校底」用隔篩隔去粗粒，倒進打好的蛋白和雲呢拿油，輕輕拌勻。
6. 粉漿注入焗盅至半滿，放於光波爐中的低架上，以220-235°C焗11分鐘即成。

1. Separate egg yolks and egg whites. Sift flour and self-raising flour. Butter up baking cups and coat them with sugar evenly.
2. Mix egg yolks, flour and self-raising flour together. Blend in half of the milk.
3. Heat the remaining milk and pour into egg yolk mixture. Blend well.
4. Whisk egg whites with an egg beater. Add sugar and whip to stiff peaks. Sprinkle salt in mixture.
5. Sift egg yolk batter (from step 3) and then add egg white foam. Gently fold in vanilla extract.
6. Fill baking cups half full with batter. Place inside Halogen Cooking Pot (using Low Rack) and bake at 220-235°C for 11 min. Serve immediately when done.



牛油曲奇 BUTTER COOKIES




低架 Low Rack　　烘盤 Baking Pan



200-205°C　　10 min

材料 Ingredients:

牛油150克	Butter 150 g
麵粉150克	Flour 150 g
糖50克	Sugar 50 g
雲呢嗱油1茶匙	Vanilla Essence 1 tsp

做法 Procedures:

1. 將牛油(室溫)及糖打勻。
2. 逐少加入麵粉拌勻，再放入雲呢嗱油攪勻。
3. 光波爐預熱2分鐘，將麵團壓成喜歡形狀，平均分佈於烘盤上。
4. 烘盤置於低架，以200-205°C焗10分鐘便成。

1. Fold sugar into softened butter (room temperature).
2. Gradually seize flour into butter mixture. Add vanilla essence.
3. Pre-heat Halogen Cooking Pot for 2 min. Press dough into desired ccokie shape and distribute evenly on Baking Pan.
4. Place Baking Pan on Low Rack and bake for 10 min at 200-205°C.



焗蒜茸包 GARLIC BREAD



高架 High Rack





225-235°C　　3 min

材料 Ingredients:

法式麵包1條	French Baguette 1 pc
蒜茸(切粒)10克	Chopped Garlic 10 g
牛油50克	Butter 50 g
番茜碎5克	Parsley (chopped) 5 g

做法 Procedures:

1. 法式麵包切片。
2. 牛油加熱溶解後拌入蒜蓉及番茜碎，均勻地塗在法式麵包上。
3. 預熱光波爐至 225-235˚C，然後把麵包放在高架上烤3分鐘便成。

1. Slice baguette into desired thickness.
2. Mix chopped garlic and parsley with melted butter and then spread it on sliced bread.
3. Pre-heat Halogen Pot at 225-235°C and toast bread on High Rack for 3 min.



合桃酥 WALNUT COOKIES



低架
Low Rack

烘盤
Baking Pan



180°C

12 min

材料	Ingredients:
麵粉300克	300 g Flour
糖 ½ 杯	½ cup Sugar
牛油150克	150 g Butter
泡打粉 ½ 茶匙	½ tsp Baking Powder
雞蛋1隻	1 pc Egg
食用臭粉 ½ 茶匙	½ tsp Ammonia Powder
椰茸50克	50 g Ground Coconut
合桃粒(適量)	Walnut

做法 Procedures:

1. 將麵粉篩好；牛油置於室溫中至軟身，備用。
2. 麵粉先混入泡打粉，再放入糖、牛油、雞蛋及食用臭粉拌勻。加入椰茸搓成麵團，置入冰箱中冷凍2小時。
3. 麵團切成每份約2吋長小塊，再壓成理想形狀，置於預先掃了牛油的烘盤上。
4. 在麵團上逐一放上合桃，然後將烘盤放入光波爐的低架上，以180°C焗12分鐘或至呈金黃色即成。

1. Sift flour. Allow butter to be softened in room temperature.
2. Mix flour with baking powder. Fold in sugar, butter, eggs and ammonia powder. Add ground coconut and knead to form a dough. Refrigerate dough for 2 hrs.
3. Divide dough into 2-inch pieces. Press into desired cookie shape and place on a greased Baking Pan.
4. Put a piece of walnut on top of each cookie. Place cookies inside Halogen Cooking Pot (use Low Rack). Bake at 180°C for 12 min or until cookies turn golden brown.



法式西多士 FRENCH TOAST



高架
High Rack

煎碟
Frying Plate



200-205°C

3+8+4 min

材料	Ingredients:
白方包	White Bread
雞蛋	Egg
糖霜及楓糖漿	Powdered Sugar & Maple Syrup
牛油(或橄欖油)	Butter (or Olive Oil)
藍莓或水果片(隨意)	Blueberries or Sliced Fruits (optional)

做法 Procedures:

1. 先將煎碟置入光波爐內的低架上，以200-205°C預熱3分鐘。
2. 雞蛋在碗中打至起泡，放入麵包，完全浸透蛋液。
3. 打開鍋蓋，在煎碟上薄塗牛油，放上浸好的麵包，以高架烤8分鐘，反轉再煎至金黃色，上碟後灑上糖霜、楓糖漿及喜歡的水果配料即成。

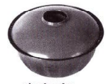
1. Place Frying Plate inside Halogen Cooking Pot. Pre-heat for 3 min at 200-205°C.
2. Whisk eggs in a bowl. Soak bread slices thoroughly with egg liquid.
3. Open Halogen Cooking Pot. Grease heated Frying Plate with a brush. Place bread slices on top and grill for 8 min using High Rack. Turn over and cook until browned. Sprinkle powdered sugar and/or maple syrup and top them with fruits, if desired.



滑雞臘味煲仔飯 RICE CASSEROLE WITH CHICKEN & SAUSAGE




低架
Low Rack



*廚寶
*Casserole Pot



250-260°C

25 min

*另購配件
Optional Accessory

材料 Ingredients:

雞件 Chicken	臘腸片 Chinese Sausages	蔥段 Scallion
白米 White Rice	冬菇絲 Chinese Mushrooms	薑片 Ginger

醃料 Seasoning:

胡椒粉 Pepper	雞粉 Chicken Powder	薑蓉 Ginger
蒜蓉 Garlic	生抽 Light Soy Sauce	麻油 Sesame Oil
橄欖油 Olive Oil	蠔油 Oyster Sauce	
紹酒 Cooking Wine	鹽 Salt	

汁料 Casserole Sauce:

老抽 Dark Soy Sauce	生抽 Light Soy Sauce	熟油 Cooked Oil

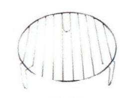
做法 Procedures:

1. 將醃料與雞肉一起拌勻，醃10-15分鐘備用。
2. 白米先浸半小時，瀝乾後放入廚寶內，加入熱水 。
3. 把準備好之雞肉、臘腸、冬菇和薑片平均鋪於米上，蓋上廚寶煲蓋。
4. 將煲仔飯置於光波爐的低架上，以最高溫度焗25-30分鐘。
5. 最後加入蔥段，淋上拌好之汁料即成。

1. Marinate chicken meat with seasoning for 10-15 min.
2. Rice soaked in water for 30 min and then drained. Put rice into Casserole Pot and pour hot water over rice.
3. Place chicken, sausages, mushrooms and ginger on top of rice, cover Casserole Pot's lid.
4. Place Casserole Pot on Low Rack inside the glass container. Cook rice at maximum temperature for 25-30 min.
5. When cook time is over, garnish with scallion and pour sauce over rice.



*蜜糖鬆餅 HONEY SCONES



高架
High Rack



烘盤
Baking Pan

180°C

10+15 min

材料 Ingredients:

材料	Ingredients:
自發粉 225克	Self-raising Flour 225g
發粉 1茶匙	Baking Powder 1 tsp
砂糖 10 克	Sugar 10 g
蜜糖 40克	Honey 40 g
牛油 80克	Butter 80 g
牛奶 80 毫升	Milk 80 ml
鹽 適量	Salt

做法 Procedures:

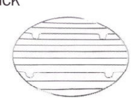
1. 自發粉、發粉和鹽一起篩好。
2. 砂糖和蜜糖混合後加入小粒狀牛油，再加入(1)，然後用手搓成麵包糠狀。
3. 加入牛奶拌成麵團，用紙包好，放入電冰箱下層約10分鐘。
4. 烘盤掃上牛油，用2隻湯匙為麵團塑造成理想型狀，然後再掃上牛奶。
5. 將鬆餅置入光波爐高架上，以180°C焗25分鐘。
6. 最後在餅面掃上一層薄薄蜜糖，然後放回光波爐以餘溫焗一分鐘即成。

1. Seize flour, baking powder & salt together.
2. Mix sugar & honey in a bowl. Fold in butter and (1). Rub mixture into crumbs with fingers.
3. Add milk to form a dough. Then wrap it with plastic wrap and refrigerate for about 10 min.
4. Grease Baking Pan. Divide and shape dough into desired size with 2 spoons. Brush milk on dough.
5. Bake at 180°C for 25 min using High Rack.
6. Lastly, apply a thin layer of honey on top of scones. Place scones into Halogen Pot and bake them with remaining heat for about 1 min.

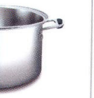
*此食譜由美食世界網友CONNIE媽提供。
Special thanks to blogger, Connie Lam, for providing & preparing this recipe.

配件一覽 ACCESSORIES

隨機配件 Supplied Accessories

低架 Low Rack 	高架 或 高低架 High Rack OR Combo Rack 	取物夾 Plate Lifter 
適用於烹調較大型的食物如：烤鴨、烤雞、煲仔飯。 For larger food items such as Grilled Duck, Grilled Chicken, Casserole, etc.	適用於需靠近發熱體的食物如串燒，亦可反轉當低架使用。 For food to be placed near heat source such as Skewers, etc.	用以提取器皿或食物，以防燙手或翻倒汁液。 A handy tool for carrying food or plate in and out of the cooking pot.
加高圈 Ring Extension 	煎碟 Frying Plate 	烘盤 Baking Pan 
適用於烹調較大型的食物如：烤鴨、烤雞、煲仔飯。 For larger food items such as Grilled Duck, Grilled Chicken, Casserole, etc.	適用於煎餃子、煎魚、腸粉、蘿蔔糕及其他食物。 For pan-frying gyoza dumplings, fish, rice cakes, turnip cakes, etc.	適用於烹煮或烤烘細小的食物如：花生、薯條、藥材等。 For baking/toasting small items such as nuts, french fries, herbs, etc.

另購配件 Optional Accessories

廚寶 Casserole Pot 	複合底不銹鋼鍋 Stainless Steel Pot 	食譜 Cookbook 	食譜光碟 Recipe DVD
適用於焗飯、煲仔飯、燉湯、湯麵等 For making rice casserole, noodle soup, wonton soup, sukiyaki, etc.	不銹鋼鍋身傳熱快，進一步提升光波爐烹調速度。 Stainless steel pot providing perfect heat convection for even shorter cooking time.	德國寶《美食世界》，詳列多款光波爐菜式之製作方法及秘訣。 Exclusive "German Pool Gourmet World" cookbook with over a dozen Halogen Pot recipes and operating tips.	德國寶《美食世界》DVD，專人示範光波爐多款簡易菜式。 Exclusive "German Pool Gourmet World" DVD with demo videos of over 20 Halogen Pot recipes.

*規格和設計如有變更，恕不另行通知。
*Specifications are subject to change without prior notice.



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讓其他用戶也可一同分享光波萬能煮食鍋所帶來的烹飪樂趣吧!
German Pool invites you to share your love for cooking with Halogen Cooking Pot. Simply email your original home-made recipes to cooking@germanpool.com and we will help you spread the love!